



TRUE STORY

Adama used to eat lunch in the bathroom to escape her bullies. Today, she is happy in school.

Vocabulary

target: someone who is made fun of

depressed: feeling extremely sad for a long period of time

counselor: a person who works at a school and talks with students about their problems

transferred: moved from one school to another

launched: started, got going

“I Survived Being Bullied”

A brave 15-year-old finds strength by telling her story

by Adama Kamara

I was not popular in sixth grade, but I had friends. In seventh grade, those friends started being mean to me. Soon I was the **target** of the popular girls.

Samantha* was the leader. She and her friends bullied me. I was one of the few black students at my school in Kentucky. The girls would call me names. They would tell me to “go back to Africa.”

The insults hurt. Being left out was even worse. I would lock myself in a bathroom stall and cry. Sometimes, I even ate my lunch there. It was the only place I felt safe.

Breakdown

When eighth grade started, I hoped things would be different. But things got worse. I became **depressed**. After a few



Adama is no longer bullied. She has friends and her own Web site to help other bullied kids and teens.

days, I went to the school **counselor**. I told him I wanted to kill myself. He called my parents.

Telling an adult was the first step to changing my life. My parents helped me decide what to do. I

transferred to another middle school. There, no one bullied me. I felt safe.

Showdown

At the end of the school year, the chorus at my old school had a

*This name has been changed.

concert. I went with my mom. Afterward, I went backstage to see a friend. There, I saw Samantha and her friends.

I thought we could put the past behind us. I walked up to them and started to talk. Samantha stopped me. "Shut up, Adama," she said. "No one here likes you. Go back to your other school."

She called me every name under the sun. Her friends all laughed. I stood there with tears in my eyes. Finally, I left.

My Bully Story

Later that year, I had an idea. I would tell my story. I would give other bullied teens a place to tell their stories too. I would

build a Web site.

I called companies that build Web sites. I found a good deal. I used \$1,000 of my own money. I had saved it from years of babysitting, allowance, and birthdays.

Moving On

When I started high school last year, everything got better. Today, I never sit alone at lunch. I hardly ever even walk down the halls alone. I get tons of texts on my phone. People know me and like me.

I **launched** my Web site last spring. It's at **www.yourbullystory.com**. A boy who posted his story wrote to me. He said that sharing his story made him feel better.

I hope many other people post their stories too. Sharing my story helped me see that I'm tougher than I thought I was. I am proud that I survived being bullied.



Can You Help Stop Bullying?

- If you get a text or see an Internet post that makes fun of someone, don't reply. Tell an adult.
- If your friends are teasing or insulting someone, tell them to stop. It's not OK, and it's not funny.
- If you see someone being left out, try to include them.



"I'm tougher than I thought I was," says Adama today.



LINKS: A video of Adama, plus expert anti-bullying advice: scholastic.com/actionlink